



Trees & DLake Running Tips To Master Life

TREES AND DLAKE

Learn from an ex-pro runner's history so you can race smarter

TRANSCRIPT

Darren 0:00

There's a saying, If you don't know your history, then you are bound to repeat it. While it's a stretch, knowing and understanding successful endurance athletes history might just prove to help you perform better in your life. In this episode, we go into the archives and get to hear how

Mike Trees got started in his 50 year long endurance career. Side note, he just turned 60 years old and can still run a 17 minute 5k Listen on To find out how to train race and live with purpose for as long as possible on this episode of Trees and delay.

What is up Welcome to Trees and DLake, a podcast series by Mike Trees and yours truly Darren DLake creates. In this series. Our goal is to educate and entertain smart committed runners a bit more than that for my Trees.

Mike 0:58

And the aim of this podcast is to give in a light hearted, amusing and entertaining way hints and tips to help your run better and enjoy your sporting life more. So let's see how we can go with that.

Darren 1:13

Mike's being pretty modest. He has over 50 years of running and doing triathlons under his belt. And if you're wondering about me, I've been in the endurance sport game for about 25 years now done a sub three hour marathon and completed an Ironman triathlon and 10 hours. We appreciate all the help and support that we can get. So if you can please share out this episode to someone that you know that would like this. Oh, quick language warning. In some rare instances, we might use some bad words, so apologies in advance for that. While this podcast is usually telling you how to do something, we wanted to flip the script and shine the light on my interesting co host my Trees aka Runda energy on Instagram, his running and triathlon history could easily read as a great biographical book, or play as a fun movie on Netflix. Listen closely as some of the things he's done and hasn't done might help you stay consistent as an endurance athlete well into your 60s 70s and even 80s. Some things you'll definitely learn in this episode are where my Trees is at right now. And his fitness, training and racing, how he got here and the early beginnings, an awesome story about his first race failure and what he learned from that. And a bunch more. Here's how this episode will unfold. We'll start it off with a quick warm up to see where we're at in our current training thing. Get it to the core of the episode, which is all about my Trees is really fun endurance sports history. And at the end, we'll each answer the fun question, which has no right or wrong answer. Would you rather train on time or run a distance? That's all for me. Let's get in to the conversation

Hey, Mike, how's it going? What what's going on with the training this week?

Mike 2:50

Well, it's good you know, I've had this i Operation them all back to normal now. So I'm actually getting back into see regularly so I'm really enjoying it. And at the moment. It's great. There's no jellyfish. That tropical fish absolutely shows and shows a blue yellow and stripy fish in the sea. Absolutely amazing. I just love getting lost in the ocean and no watch no heart rate, no nothing, just swim. And look at the bottom of the sea as I'm swimming along. So having a great time. And what about you?

Darren 3:21

You're a better man than me. There's nice water here in Sydney, Australia. Much better than New York City where I grew up but swimming on my own by myself for you know, an hour hour and a half No no, no sharks, I just can't do the shark thing.

Mike 3:34

Actually great going on that about 50 miles north of here someone a surfer did lose a leg to a shark recently.

Darren 3:43

You know, I always I always say you can get hit by a bus a truck, you know you can be running riding your bike. So it's it's it's actually it's higher chance of that happening. You know getting hit by a bus, then getting attacked by shark but we won't go there again respect to you. What I'm doing I'm I'm finally in a groove. I had a proper week I did about 80 kilometers 75% intensity, getting back to the the volume I need to be feeling feeling really good. And it's nice. And the next week moving forward. I'm going to go hard and attempt to do four hard workouts in five days, which is silly and no one should ever do this. Don't try this at home, as some people would say, but I'm going to try to do it and I've got it mapped out to where I won't hurt myself. I'm going to do 36 hour increments so and the reason being for that is I'm going to get back to my second vaccination. And I know I'll have about a week off so I don't I want to like basically I'm doing something you should never do which is rushed my fitness and I know you shouldn't do that. So don't don't give me the lecture Coach Mike. I know you shouldn't do that. But I think I got this I'm experiencing if I think I got this. I could do it. I could do it.

Mike 4:48

Okay, let's report back next week. All right.

Unknown Speaker 4:51

Warm up complete.

Darren 4:55

So speaking of experience, speaking of experience, and you know, history, this Episode is all about your history, you are a literal history book on endurance training. So rather than give you everything in a 45 minute episode, which would be like fast forwarding through, you know, an amazing 10 part Netflix series, let's actually break it down. And you know, this, this one will be a bit of an intro about your history, but we'll focus on the early days, the yester year, the age 10, to like 1516 years old. So what we'll do is, we'll talk about where you're at now, how you got here, and then go back and kind of explore the past and then where you're going. And I know that you've got some Ironman goals in the near future, I'd love to know what your goals are in the next 510 20 years. But um, we'll get to in a second. So. So where are you at now? Like you, you are 5058 59? Right? Yeah. 59?

Mike 5:45

Yeah, 60, next year, 60 next year, and one of the strange people that actually enjoys going up a new age group, because it's a new challenge. So I don't, it doesn't upset me getting older. It's just another new challenge. So a lot of people Oh, you know that. But it doesn't bother me. You're 59.

Darren 6:01

I know that about five years ago, you were setting some amazing records, you're running a two away, or maybe seven years ago, six years ago, you're you're running a 208 800 you're doing some really crazy stuff. For someone that shouldn't be doing that. And tell me a bit more about like, what makes you wake up every day and want to have your lungs burn when you've been doing that for you know, the last 4045 years

Mike 6:23

that I was discussing this actually with my wife, I think it's because I am a perfectionist in some ways. I'm not in others. So I can drift along and just keep going. But I've never had that perfect grace. It's like, there's always something even when everyone really well, she said to me, you know, even when you do really well, you think you could have done better. And I think that's on the bad race. Obviously, it's easy to say yes, I could have done better there. We're on a good race, I think now if I can just get this little right and tweak that and go a little bit more, there's a little bit more to give. And so I just like pushing the boundaries, see where they are. And I never made it as a as an elite to the Olympics. That was my goal as a kid, which we'll discuss that I never got there. But I just keep pushing, thinking, you know, and a lot of my friends say you just got out live everyone, you will set a world record one day, just outlive everyone. And it might be that it's 101 to 105 year olds, but you'll get there. So the aim is to live a long time and eventually get there and set a world record one day.

Darren 7:22

I actually have a similar I think musicians and artists they have a similar it's always a there's a saying it's a my next work is my best work. And you know, every single musician you talk to, you're like, Oh man, that album that you just put out great. But the problem with the album is that they've been working on for the past year, two years, five years, and they're like, no, no, that's my old stuff. The new stuff I'm working on right now is gonna be even better. And everything in the most accomplished they can win 40 Grammys, you know, there was none of my new stuff is gonna be better. So I just feel like it's a certain personality type of thing. Let's go back let's let's take a little bit of a time machine and go back to how you stepped up to your first race. What was the what was the feeling and the emotion who who influenced you give me give me a backstory if you want to.

Mike 8:10

We need to go. One step further back. So my my mother and father played mixed doubles at Wimbledon. You know, they were amateurs. They got knocked out in the first round. My father was he actually went to trial to be the goalie for Wolverhampton Wanderers, football team when they were really good. He was a cross country runner. I never beat my mother and father table

tennis all their lives. So you gotta remember my father is a PE teacher initially. I've had sports since I was like, you know, one year old or like remember my my parents were actually quite disappointed that I didn't pick up badminton, tennis, table tennis and dancing like they did and all the sports they did. And they were forever trying to get me into sports. Well, actually, I got into running. By the time I was 10. I'd already been through, you know, tennis table tennis all these judo, swimming, you know, a couple of times a week and not really getting anywhere. My sister was very shy girl but a phenomenally talented and she wanted someone to get the running club with her. Obviously some girl a lot of a friends wanted to get the local running club. So I got dragged in. And my sister went there and did 100 to 200, Sprint's and I went there, supposedly to run. And initially, I found it was more fun just jumping up and down in the high jump and doing long jump and playing around. And I didn't do a lot of training in the early days. But I got into this habit of going to the running club from actually the age of nine, it was nine and a half in the summer. And so that's when I started running. And my sister obviously moved on. She she found it very hard. She was so competitive. She couldn't compete after a while because she couldn't lose and I think I was less competitive. And I was quite happy losing. Okay, I didn't want to but I just accepted it. So my first race at the age of nine and a half 800 meters. And I remember it to this day. I was 200 meters behind Andrew Lawrence, who was the national champion at the time just happened to be in our running club. So he ran rounded about he was a few years older than me. I think he ran about 204. And I think I did 240. So about 30 seconds behind. Flat last. Absolutely last. So from then on, okay, let's try and get work up the ranks a second last and see where we go from here. So I wasn't a natural talent at running where I thought I'm going to win everything. I was definitely making up the numbers. And in those days, you didn't run for fun. There was no phone running. And oh, I'm a jogger. I'm going to enter this phone run or whatever it was. Yes. You either ran and you tried to win, or you didn't run End of story.

Darren 10:48

I love that you first off you ran a 240 as a as a nine year old. That's That's pretty amazing. Where you nine we ran at 240 800.

Mike 10:57

Yeah, yeah, nine and a half. Yeah, yeah, that's a lot of talent. But I was just called. I was convinced. I was just like, I was convinced I was crap. I was last do 40 And I was like, 30 seconds off the winner. It's like, Whoa, yeah, that's the

Darren 11:09

thing. When you come last you feel like you're the worst. But you know, compared to the general population, you're still in the point 00 1% of everyone else. I mean, you'd beat a lot of people at nine years old, you beat a lot of 25 year old men with a 240. That's that's pretty cool. Now, I love it. Also, you know, it's fun running didn't become a thing until the jogging revolution in the 70s. So, you know, 70s 80s Maybe that's when you know, the eight shocking Yeah, yeah, the word jogging became a thing. I always tell people, I'm always like, Oh, you're going for a jog? I'm like, No, I'm going for a run. I don't jog like jogging. You know, just just be a jerk. With all that, but um,

yeah, so So you did you did that first race and you came dead last? And you said, Okay, I want to get better. How do I get better? Tell me what got you from there to then? I don't know. 1112 actually don't know the what? What were the steps that got you from that race until really competitive and starting to win and starting to see hey, I'm really talented, you know, at 1516 years old. Give me more that that timeline.

Mike 12:09

Yeah, I I run maybe two, three times a week then. And I just enjoy going the running. And by the time I was 1011 12. We were in the Northeast road races. I was getting, you know, top 30s there was maybe 150 in each race of kids similar age. And that was about it. And they I was really lucky. There's a local coach Myles Brown, he was called his son was a runner. And he he helped me took me running and went on courses and things. And I wasn't training that much. And it was around about 1415. He said, you know, you'd have to start training everyday or maybe doing some double runs and things. And around 15. I sort of accepted Yep. And then I it was about 15. I suddenly thought, yeah, I'm going to do it. I'm going to trade and I actually did a period over the winter when I was running half an hour runs just four miles, or about six kilometers every morning and then doing the sessions on the evening. And the first cross country racer that season, I came out and there's more fluid than anything, I think I need the confidence. I've normally been coming, you know, 10 to 20 years. By this time, I'd moved up a little bit from the 30s. And I was somewhere between 10 to 20. Within these northeast races. And I misjudged the finish. I started sprinting through the woods came out the woods. And then they said yet one more round there through the Trees to get the finish. Oh, bugger me. So I just kept on going and actually held it and kept on really realize that keep going came third in this race. And that then gave me the confidence. And I think it was a confidence thing. How Hard Can I hold this pain for how much can I do? As a kid, I wasn't a mature kid, I was an immature kid I grew up later. You know, I was always a little bit behind on my studies relative to the kids around me. And so I just think I just progressed as a runner a little bit later than everyone else. And so it's about 1516 that I started to get in the top three in the northeast of the UK in road racers regularly sell everyone anything, you know, still you know Steve crown who's World Champion world record holder at the mile Olympic medalist, you know, these guys top top guys that were winning everything and you just didn't realize that the level of running that was in the northeast of the UK at that time so although I was getting top three and thinking well it's okay in the Northeast of England, we're actually pretty much up there with the best in the world. I just didn't realize it at the time.

Darren 14:41

That's a great story. And you know obviously I'm learning more and more about share as much as you know we do know each other there's always it's an onion there's there's a million layers to every person. We only see what we could see on the outside. And that's that's amazing that you accidentally it was. It was a failure that caused you to gain confidence I never thought about got that and that's amazing. You accidentally went out too hard. And then you actually held it. And you said I can hold this burning? I don't?

Mike 15:07

Yeah, yeah, I thought I was sprinting the finish like 200 meters, and actually is about 600 to 700 meters and as a kid, 16 year old, the races are only around about three miles long anyway, so it's still a big percentage of the race. And yeah, I kept it going. It's interesting. Yeah,

Darren 15:24

yeah, that's that's an interesting way of finding out that you can, you could tolerate pain and and lactate buildup

Mike 15:30

ad break.

Darren 15:35

This episode is brought to you by energy coaching, which is my Trees coaching service. Mike and his team of coaches work with beginners to pros and all levels in between. No one is too fast and no one is too slow. They just want a desire to learn and improve. They focus on 1500 meter races to marathon running and triathlon training. Energy coaching is constantly overbooked. So Instagram, and this new podcast venture Trees and D Lake, gives Mike and the rest of his energy coaching team a way to reach out to more people and help them contact Mike and his team at nrg-coaching.com. Or go to the link in the show notes.

And back to the show, are there any more failures that that you had in a young age that that you'd say that you're using now?

Mike 16:26

So I actually did quite well at 16. After that winter, I got the truck and at 16, I ran 405 for a 1500 meters, which is a good time for a 16 year old. And they got me recognized as a runner. So I'm thinking yeah, I'm going to step it up and up. And then the following winter, I did the English schools cross country, I was a year young and being a year younger than the others. It's a disadvantage. And I think I came 13th Like, yeah, so 13th in the country, I thought, This is it. I'm now on my way toward becoming a runner. And then I got glandular fever, which it didn't really make me ill for long enough to be honest, I wasn't out. But I, it took me two years really to get the reading sorted. So the following year from coming 11th or 12th, you know, top anyway, top 15 My memories got but top 15. In legally school, the following year, I did the national cross country championships. And I came around about 300 and 50th. Well, for a serious runner, I was being overtaken by guys in their football shorts and their soccer boots, who were being forced to run there by their school, they didn't want to be there. And I was running around thinking, Whoa, I'm going nowhere here. And I then changed and said, Okay, from now on, I'm not going to run to win. Obviously, I'm trying so hard not winning, I'm just going to enjoy running. And for about a year or so I didn't really run very hard, I didn't run much. And I just drifted a little bit and just kept running and enjoying it and, and doing lots of other things having a really good social life. I mean, I was so socialized a little bit too much. But I just kept doing just enough running until the body came around. So I I think naturally, these things have worked to help me

and I've learned from them that you don't force it, you don't fight things. And then when I got to university, I just turned up at the I missed a lot of the early running. But I just went running with them one day and realized I could keep up with the guys. And the the coach at the time said hey, why don't you join us? Why don't you run with us? You You're quite talented.

Darren 18:34

I'm stopping you there, because the story is getting good. You were at university. Now I'm going to stop that we're gonna save for the next, the next episode in this series of the mike Trees history. Let's let's kind of go let's move taking the time machine back to the present. And you've got an Ironman set on your goals now. What are your goals? What else is on the horizon? And I know we'll we'll probably go deep on Ironman at some point. But, uh, what's the goal with Ironman? And how has all that stuff that you did in the past? Like, like, led up to where you are? Big question.

Mike 19:08

Okay, so, Ironman 60. The reason I'm doing it is I actually did an Ironman back in 1994. And I said, I'm gonna do an Ironman. I'm not a long distance athlete, but I'm a triathlete. I'm going to aim to get into nine hours when I do nine hours, you know, move on to other things. Well, I was very lucky. I did sub nine hours. My first ever Ironman 27 years later, I haven't done another Ironman. I did the target I said I was gonna do and I moved on. And I said, I qualified as a pro for Hawaii. At that time, I think it was the British record as well, I think as a first Brit to go into nine hours or something, but I qualify for Hawaii. And I didn't take it. And I thought so Ganga delay any time Well, little did I know it actually got more and more difficult and it's not that easy to go to Hawaii. So push the clock forward to now. I was about a year or two ago I just thought you know, what can we up to 60 it's about time that I've triathlons my life, I've made my whole living out of it. I've been a professional triathlete. I coach triathletes. I write about triathlon training and running training as well do a lot of have that be my life. I've coached you know, Olympic athletes, and I've not been to Hawaii to Kona, as an athlete, I've been there and watch but have not raced. So I thought, you know, what, sixty is a good time. Let's go to Hawaii. So first of all, I now have to qualify, it's not that easy, then qualify and then see how we can go. Is that good for staff?

Darren 20:40

Yeah, that's, that's phenomenal. I I'm like sitting here on the seat of my chair and the tip of my chair. And I'm like, What's, what's gonna happen next? So and I'm like, Oh, well, we need to wait and see if

Mike 20:50

any one thing you're talking about going back to the my old a started coming back, that when I was younger, Carlos Lopez won the marathon at the age of 37. And I think he set the world record same time in the Los Angeles Olympics, and he just won the 10,000. And he was 37. And I looked at all this hope for me, you know, because I was, I was still young, but I kept thinking, initially, the plan was to run a marathon at 28. And I realized, you know, I still not going

to happen, you know, I was in my 20s, around this time, and I'm still not getting there to where I wanted to be. I thought, Well, I still got till 40 to go. And I think that's what keeps me going. I kept thinking I can survive longer and longer. And so as a kid, I was always looking up to older people running and thinking, How long have I got to get there? How long it took to get there? And even now, you know, it's like, I still think like that. Yeah, I can still move the barriers back a little bit. And it just gives you something to get out of bed each day. And knowing this another goal. So yeah, for all those people that saying they're getting older, there's there's no upper limit, there's always a new barrier, there's always a new goal. Doesn't matter how old you are, you can work towards

Unknown Speaker 21:58

main set finished, let's move into the cooldown.

Darren 22:02

All right, we're at that last section of the podcast where we ask a question to our audience. And at the same time, we will be all well around the same time the podcast gets released, we'll be posting this on our Instagram stories or as a you know, regular post depends where it is. So it should be fun. There is no right or wrong answer kind of Asterix next to that. But we'd love to hear what you what you all think. But we're going to give you our opinion first. And the question is Would you rather train on time, or distance? So that is again to define it? Because there might be a bit confusing for some people, you know, going out for an hour run as an example, or going out for a 12 kilometer or seven mile run? How do you track and use your training? And what you know what metric to use. So again, would you rather train on time or distance Mike?

Mike 23:03

When I was younger, I got caught up in the distance dialect and got to run 70 miles a week I've got an 80 miles a week oh are the elite to do 100 miles a week I went to 100 miles a week. And I did a lot of junk just to hit the numbers. And it was really not until I started triathlon in about 1987, that I realized that all that was totally wrong. The heart only knows how long it's been how much is beating and for how long. So I switched everything on the head, because I realized that a 5k swim is a long way. It takes a long time. A 5k bike ride is a waste of time in terms of training sessions. So you can't compare distances between the sports. And that just got me thinking, why do we just do everything in time, it's so much more efficient, that the body understands time, you've got the natural body clock, the rhythms, a cycle everything else. And so I work with my athletes on for example, they might be doing a six hour training week or a 10 hour training week. An elite guy paying for Ironman might be the 20 hour training week. And we work on hours. And so yes, I'm big into hours. There are certain times that you need to delve into the the distance. If you're doing the 5k time trial, you can't say hey, go and run 20 minutes. Go warm up cooldown. The whole session is going to take you about an hour, but do a 5k time trial in the middle to where you get to seven times you need to do distance. But as a general rule, it's time How about you? Where you coming from?

Darren 24:35

You know, like we're kind of like you know, cut from the same cloth I say time but my I guess my reason why is is different than yours for for many reasons. I'm not as experienced as you but um, it was it was a fun story. So I remember riding and I just got into cycling. It was 2011 Right and you know whenever you listen his podcast you like whatever it doesn't matter, but it was a few years it was like two or three years after I got into like proper road cycling. And I was like, you know, and that was two or three years after I got into proper endurance running, I ran back at back at University College, I ran track around 400 800. And, you know, I was like, oh, what you're basically out of college, you can't do the 400 800. Unless you want to do master stuff, like there's no 400 down the road Park run. So it was basically the fun 5k runs. And I remember like doing that, and I was like, Oh, this school. So I kept graduating, graduating. And then I got into cycling. And I was like, oh, man, I could ride my bike everywhere. I lived in the city. I lived in Baltimore City. And it's such a good city to ride in small city. So I got into that. And I remember then going for a long ride. And I was you know, I had this junk bike. And I just remembered long going out for the, you know, two hour, three hour long rides up in the country. And there was this like cyclist who had a really nice bike, we ended up kind of going at the same pace and talking. I was like, Oh, how far are you going? And she said, Oh, just a three hour ride. Today. My coach prescribed that 140 heart rate. And I went, Oh, my God, I was like, that's like, that's what elites do. Like, and I said that to myself, I was like, I want to be elite, I want to be like a pro. So I then started Googling and just realizing time is the way that all the pros measure everything. And I was like, I'm gonna be I love training like a pro, you know, I have a whole thing is like I want I want to be the sub elite, you know, almost Pro, not really a pro. And I then realized through you know, falling in love with that concept in that theory, that that actually makes way more sense. And so many people still, they just like they go, Oh, how far do you run and I'm like, an hour, and it kind of how far and I'm like, I know you want that. But I don't care. Like I look every time I'm done an hour, I'm like cool. 13 K's or 10, K's or whatever. Like, it depends on the quality. So my whole thing is time allows you to, to train based on quality. And then I can then breaking hour long run an hour long, you know, long run sorry, an hour long run can now turn into 20 minutes easy. 20 minutes steady. 20 minutes, easy or 20 minutes, steady, 20 minute threshold threshold tempo work 20. So I then can now base it on and I'm not worried about distance. And I think that distance, it's just, I personally think, you know, no disrespect to anyone that trains on distance and loves distance. But it it's almost just one of those things like it's another notch in your belt. It's another you know, but I feel like you could do the same with hours where it's like, you know, but no, it doesn't sound as cool. Like, I trained eight hours this week versus seven and a half last week people will help. How far do you run? Like, give me you know, did you run 100? Ks? Did you hit the 100k? Mark? Or did you hit 100 mile mark for a week. So that's the whole thing. But I I also am like you were I then do distance as I get closer to events. So if I'm training for I don't do marathons, but if I'm training for whatever, half marathon, I didn't know that I need to get a I want to get if I'm training for a half marathon, I want to do 15 K's at half marathon race pace, two to three weeks out from a marathon, that that's when I go just totally but I know that okay, if I'm doing race pace, you know, 350 minutes per k, you know, times 15 ks 10 full, I can do the math from there. I know about times also. So I mean, I'm kind of doing both, but it becomes very specific. Or if I'm doing 5k I want to do you know, I'm training for 5k one to 1k specific reps. So I definitely time time time 95% of time. And it just it's Pro. I think he's just

cool. So I don't know, you're the you're the pro What do you think about thinking it's Pro?

Mike 28:24

Actually, well, I just like be argumentative, some that awkward. So I went out and did a 40k run the other day, and there was a way you could have done 42.2 I said, Yeah, that's why I didn't I just I was testing my shoes out of it. 10 10k In what and why did you stop? I said, Well, I was testing the shoes outside to change the shoes. So 10k One pair 10k and another 10k came to 40k I don't need to and 42k secondary 42k So it was a 40k run. Maybe I'll go out the next time and run 43k Run

Darren 29:00

Is the health and fitness internet too much sometimes, too many conflicting articles and videos that confuse you on how to train a deep right. Or you don't have time to just read and watch everything about I don't know the new trends on carb cycling for trail running. Don't worry, we'll take care of all that for you. Sign up for our free email newsletter three thing Thursday. We'll put three perfectly curated and created things in your inbox for better living and training. Go to dlakecreates.com/ttt. We do the hard time consuming work and scour the health and fitness internet's deepest and darkest corners. This is so that every Thursday you have a piping hot new email with the latest and coolest tips, tricks, tools, tactics and skills. Also that you can train and live consistently to do dope shit in your next endurance event. If you sign up now, you can receive my quick guide on how to get healthy, stay fit and use data to create habits that last a lifetime that dlakecreates.com/ttt to be inspired and motivated on the regular. time time is a resource no one can make more of. So we appreciate you taking precious time out of your day to listen this far. Our goal is to show the world how to live better the running, cycling and triathlon. The episode and many others have a transcription go to the show notes description to find out more. This was produced in Sydney, Australia. And I'd like to acknowledge the Gadigal of the Eora nation who are the traditional custodians of this land. I pay my respects to the elders past, present and future. I recognize that continuing connections to the land, waters and culture, these lands were stolen and sovereignty was never ceded. If you liked this episode, again, we'd highly appreciate if you go on whatever app you listen to, and make sure to follow. DLake Creates Podcast. We're on Spotify, Apple podcast, Google podcast, Amazon, a cast and a bunch of others. And if you're feeling real loose a rating review or share of this episode to anyone you know that would be into something like this would be amazing. If you have any questions concerns, suggestions for the episode or hell you want to be on the show? Hit us up. The best way is to email talk@DLakecreates.com. We're also on the socials mainly Instagram, you can hit up Mike Trees at the letters [run.nrg](https://www.instagram.com/run.nrg) or you can hit me up on Instagram at [DLake creates.com](https://www.instagram.com/DLakecreates.com) Or just wherever you can find us. It's fine. If you need any transcripts, you're into podcasting or let's say you just are big into accessibility. Please use the company that we use speech docs. You can check them out at speechdocs.com Don't worry if you didn't get all that there's a link in the show notes description. Thank you again so much for listening. Peace.

